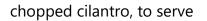
RED LENTIL DAAL

Ingredients:

1 c. red lentils 3 c. water 1 tsp. salt

6 T. ghee 1 onion, finely chopped 5 cloves of garlic, minced 1 tsp. garam masala 1/2 tsp. turmeric





Directions:

1) Rinse and sort the lentils. Put in water with salt and bring to a boil.

2) Turn down the heat and simmer uncovered, skimming off froth.

3) Partially cover saucepan and continue simmering for another 40 minutes, stirring occasionally.

4) Sauté the onion and garlic in the ghee until translucent. Add garam masala and turmeric.

5) Stir the onion mixture into the lentils. Serve hot, sprinkling with cilantro to serve.

Allegro wine pairing: Sauvignon Blanc